

No Excuses Art Journaling

Making Time for Creativity

GINA ROSSI ARMPFIELD



NORTH LIGHT BOOKS
Cincinnati, Ohio
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BONUS CONTENT

WED APRIL 6, 2011

drove into port townsend yesterday ~ stopped in toulsee and bought red patent leather clogs which I deemed my

HAPPY SHOES "HAPPY SHOES"



AND NOW IN MY JOURNAL WISH I HAD LIKE THIS COOL AND CALMING PLACE.

4.9.11
LAST DAY AT ARTIST AUDIT IS PAINFUL SAD
LOVE THE ENERGY HERE AND FRIENDS
HOW TO GO HOME AND FEEL THAT?
WANT TO GO BACK TONIGHT TO THE GREAT COFFEE HOUSE



DRINKS @ LOLA



PORT TOWNSEND



THURSDAY 4.7.11
TODAY IS MY 1ST CLASS AT ARTIES AND I WILL BE TEACHING PAINTING INTO PORTALS WITH LUCKY "IS" STUDENTS. MY INTENTION IS FOR EVERY ONE TO

THE UNDER TOWN COFFEE

OPEN 6:30 AM DAILY

211 TAYLOR STREET • PORT TOWN
360.385.1410 • info@theund
www.TheUnderTown



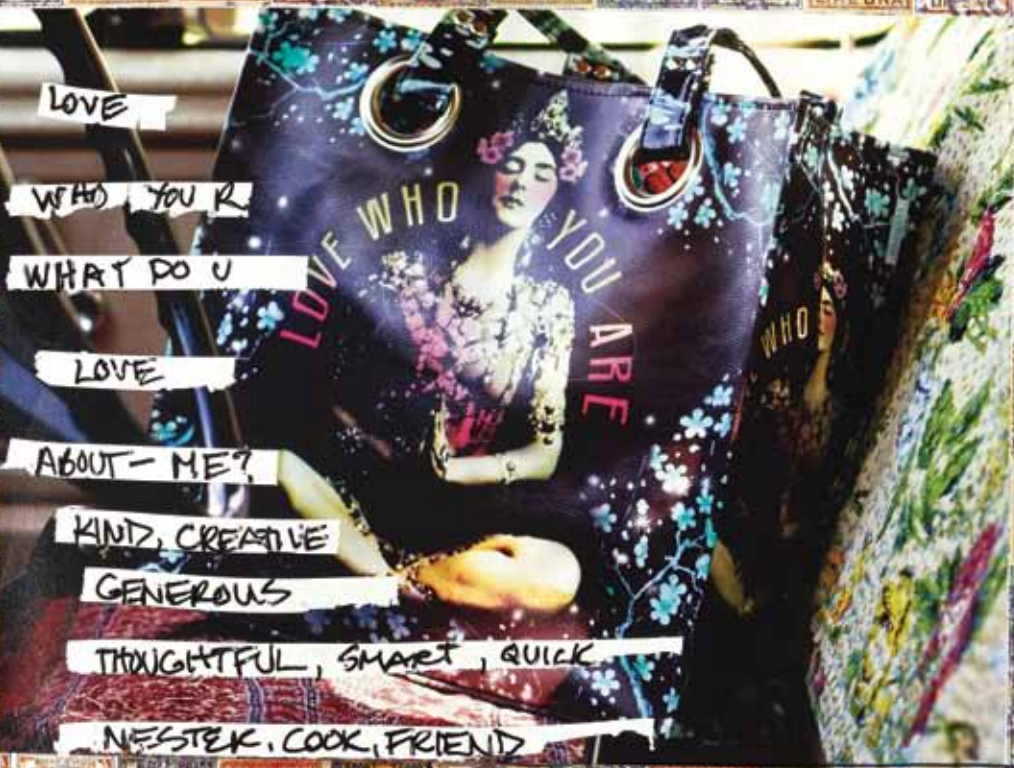
WICKIAC EAGLE



11. 16. 11

Learning to STAY!
practice loving kindness

MON AME SE SITUE AU SOLEIL



LOVE

WHO YOU R

WHAT DO U

LOVE

ABOUT - ME?

KIND, CREATIVE

GENEROUS

THOUGHTFUL, SMART, QUICK

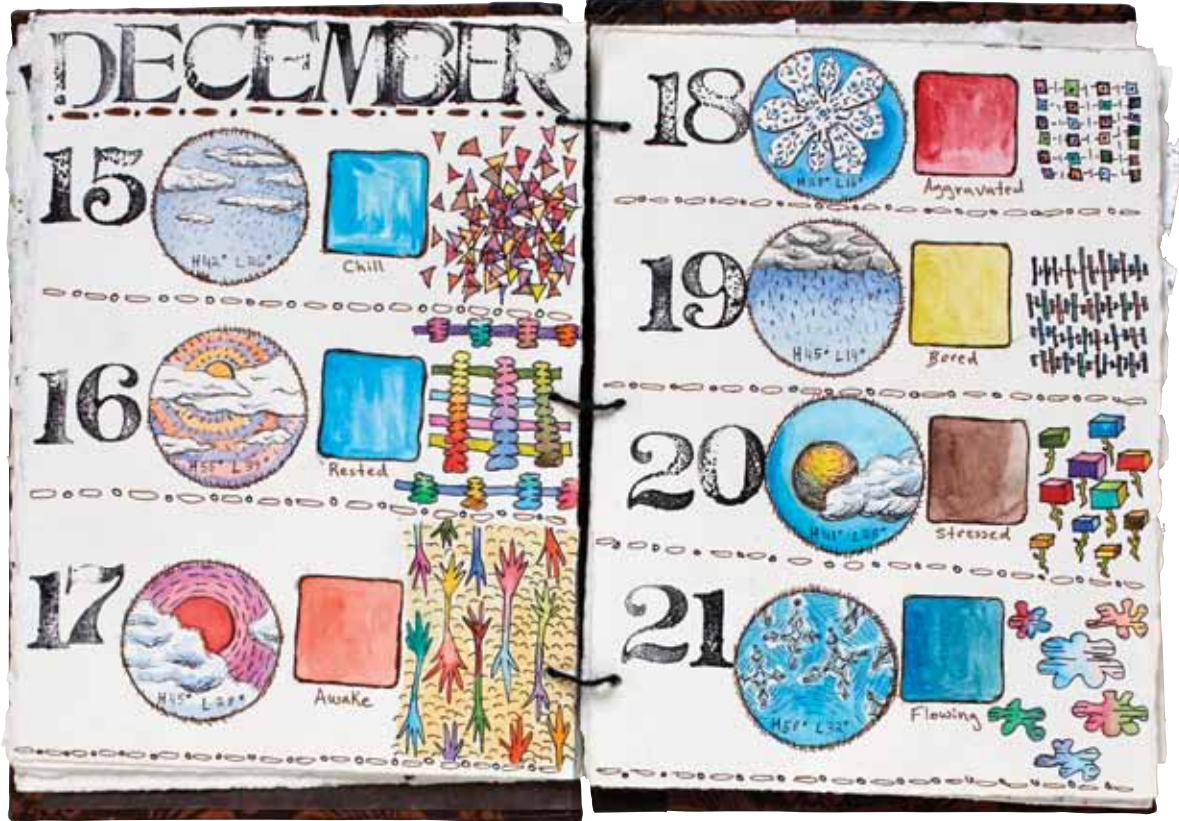
NESTEK, COOK, FRIEND



My soul lies in the sun

"BE"





Bonus Journal Pages Morgan Bozarth



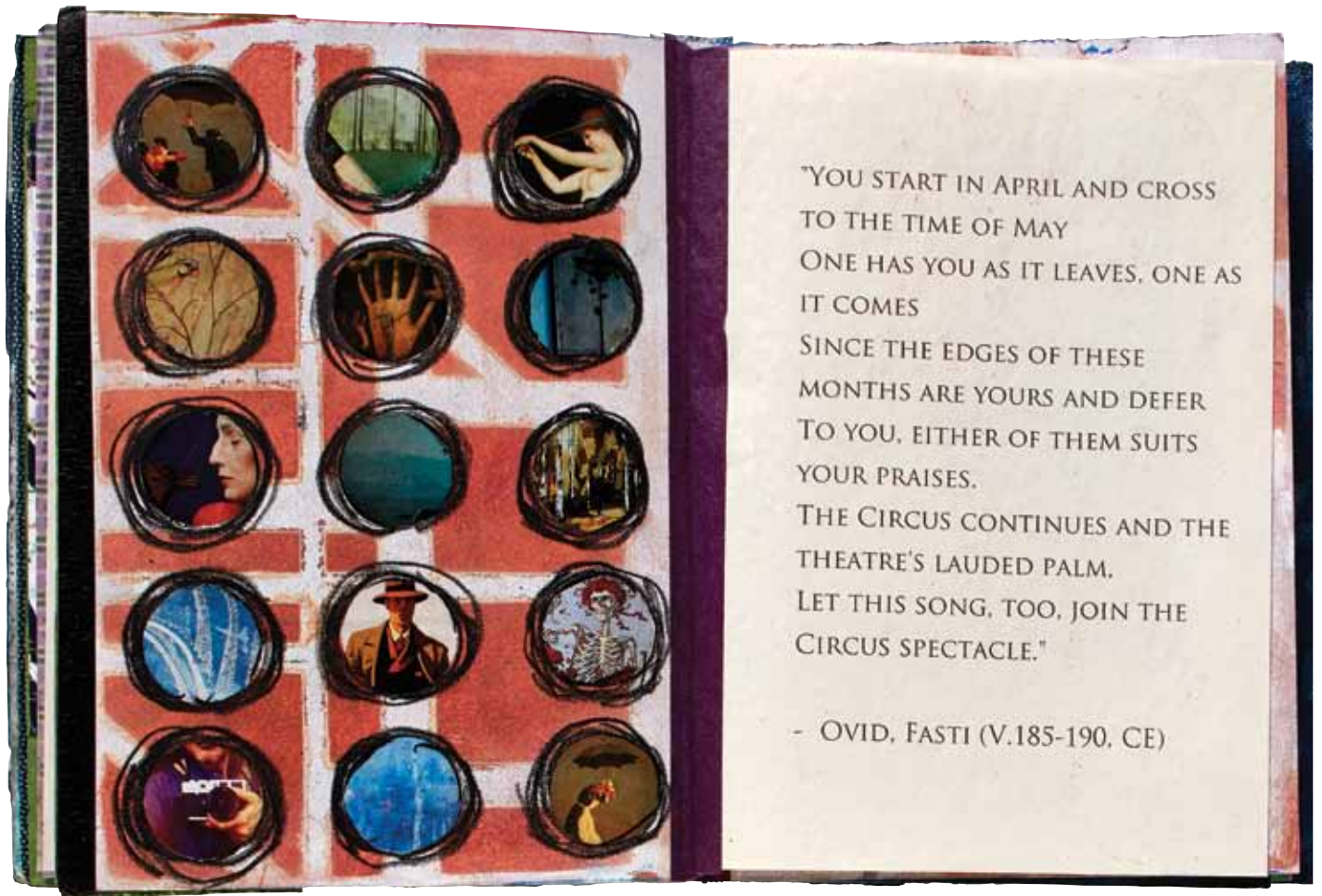
Bonus Journal Pages Susan Elliott



Bonus Journal Pages Jessica Herman Goodson



Bonus Journal Pages Jennie Cook



"YOU START IN APRIL AND CROSS
TO THE TIME OF MAY
ONE HAS YOU AS IT LEAVES, ONE AS
IT COMES
SINCE THE EDGES OF THESE
MONTHS ARE YOURS AND DEFER
TO YOU, EITHER OF THEM SUITS
YOUR PRAISES.
THE CIRCUS CONTINUES AND THE
THEATRE'S LAUDED PALM,
LET THIS SONG, TOO, JOIN THE
CIRCUS SPECTACLE."

- OVID, FASTI (V.185-190, CE)

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METRIC CONVERSION CHART

To convert	to	multiply by
Inches	Centimeters	2.54
Centimeters	Inches	0.4
Feet	Centimeters	30.5
Centimeters	Feet	0.03
Yards	Meters	0.9
Meters	Yards	1.1

